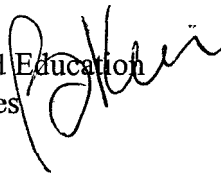




TEXAS DEPARTMENT OF HEALTH  
AUSTIN, TEXAS  
INTER-OFFICE MEMORANDUM

TO: Regional Directors  
Directors, Local Health Departments  
Directors, Independent WIC Local Agencies  
Herman Horn, Chief, Bureau of Regional/Local Health Operations

FROM: Barbara Keir, Director  
Public Health Nutrition and Education  
Bureau of Nutrition Services 

DATE: April 7, 2000

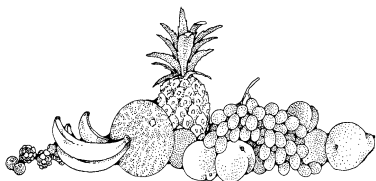
SUBJECT: Publications and ordering information (NE/BF and PHN)

---

This memo contains one copy of the following two new publications. Please distribute to your Nutrition Education Coordinator and Breastfeeding Coordinator or staff member in charge of ordering educational materials.

- ***Nutrition Education, Breastfeeding and Public Health Nutrition Publications*** - This is the current listing of (NE/BF and PHN) materials indicated by the **stock number, title, division, date revised, order from** and the **correct order form to use** when ordering these materials. This publication also includes breastfeeding posters and stickers that are available for use in your local agency, a copy of the Texas WIC Materials Order Form and the AG-30 -form for the TDH Warehouse.
- ***Texas WZC Nutrition Education Classes & Accompanying Audiovisuals*** - This is the current listing of NE/BF lessons and videos that are available for use as part of your local agency's nutrition education and breastfeeding classes. This publication includes the **lesson code, language availability, class title, date of last revision**, and a brief **description** of the audiovisuals and ordering information.

Attachments



## Texas WIC Nutrition Education Classes & Accompanying Audiovisuals March 2000

The videos and lessons on this list have been or will be sent to all Local Agencies. Use the attached **Texas WIC Materials** order form and fax your request to the fax number listed in the "Description of Audiovisuals column."

### Breastfeeding (BF)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
BF-000-02	Eng./Sp.	Yes, You Can Breastfeed (4/2000) - How To	<i>Yes, You Can Breastfeed</i> (TDH video to order fax (512) 406-0722)
BF-000-04	Eng./Sp.	For All the Right Reasons- Motivation	<i>Best Start - For All The Right Reasons</i> (TDH video to order fax (512) 406-0722)
BF-000-05	Eng./Sp.	A Healthier Baby by Breastfeeding - How To (4/2000)	<i>Healthier Baby By Breastfeeding</i> (TDH video to order fax (512) 406-0722)
BF-000-06	Eng./Sp.	Nutrition During Lactation (4/94)	<i>A Baby Shower for Betsy</i> (TDH video, to order fax (512) 406-0722)
BF-000-07	Eng./Sp.	Breastfeeding & Working - Motivation/How To	<i>Breastfeeding &amp; Working</i> (TDH video to order fax (512) 406-0722)
BF-000-08	Eng./Sp.	Benefits of Breastfeeding (4/95)	Bingo game - activity
BF-000-09	English	Giving You the Best That I Got, Baby (9/95)	<i>Giving You the Best That I Got, Baby</i> (Maryland WIC)
BF-000-10	Eng./Sp.	Nobody Loves Them Like You, Part I (11/95)	<i>Nobody Loves Them Like You, Part I</i> , (Best Start video to order fax (512) 406-0722)
BF-000-11	Eng./Sp.	Nobody Loves Them Like You, Part II (11/95)	<i>Nobody Loves Them Like You, Part II</i> , (Best Start Video to order fax (512) 406-0722)
BF-000-12	Eng/Sp.	Infant Feeding Cues (2/98)	<i>Infant Feeding Cues, A Feeding Guide</i> (Best Start Video to order fax (512) 406-0722)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
BF-000-13	Eng./Sp.	A Helping Hand for Breastfeeding Moms (2/98)	<i>Breastfeeding and the Family</i> (TDH video, to order fax (512) 406-0722)
BF-000-14	Eng./Sp.	The Best Investment (7/98)	Discussion, no video
BF-000-15	Eng./Sp.	Teen Breastfeeding: Why Breastfeed (2/99)	<i>Why Breastfeed</i> ( Injoy video, to order fax (512) 458-7609)
BF-000-16	Eng./Sp.	Teen Breastfeeding: Starting Out Right: Positioning and Latch On (2/99)	<i>Starting Out Right</i> ( Injoy video, to order fax (512) 458-7609)
BF-000-17	Eng./Sp.	Teen BF: Starting Out Right: Hunger Cues, Satiety and Engorement (2/99)	<i>Starting Out Right</i> (Injoy video, to order fax (512) 458-7609)
BF-000-18	Eng./Sp.	The Best Thing/Es LoMejor (5/99) - Motivation	<i>The Best Thing</i> (TDH video, to order fax (512) 406-0722)
BF-000-19	English	Breastfed is Best Fed! (6/99) - Motivation	<i>Learning How To Breastfeed Your Baby</i> (Maryland WIC)
BF-000-20	English	Breastfeeding Basics: Learning to Breastfeed (10/99) -Motivational	<i>Breastfeeding: The How-To video</i> (Vida Productions, TDH Audiovisual Library (512) 458-7260)
BF-000-21	English	Breastfeeding Basics: Positioning and Latch-On, (10/99)- motivational	<i>Breastfeeding: The How-To video</i> (Vida Productions, TDH Audiovisual Library (512) 458-7260)
BF-000-22	English	Men and the Breastfeeding Experience (11/99) - motivational	<i>Men and the Breastfeeding Experience</i> (Vida Productions, TDH Audiovisual Library (512) 458-7260)
BF-000-23	Eng./Sp.	A Mother's Guide To Breastfeeding (3/2000)	<i>A Mother's Guide To Breastfeeding</i> (TDH video, to order fax (512) 406-0722)
BF-000-24	English	The Breastfeeding Game (1/2000)	<i>Breastfeeding Basics:The Breastfeeding Game-Benefits</i> (Injoy Productions, TDH Audiovisual Library (512) 458-7260)
BF-000-25	English	Straight Talk from Breastfeeding Moms (1/2000)	<i>Straight Talk from Breastfeeding Moms</i> , (Injoy Productions, TDH Audiovisual Library (512) 458-7260)

### Child Feeding (CF)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
CF-000-06	Eng./Sp.	Smart Snacking for Children (10/95)	<i>Smart Snacking for Children</i> (Altschul video, fax your request to (512) 458-7609)
CF-000-07	Eng./Sp.	How to Promote a Healthy Weight For Your Child (7/96)	Discussion, no video
CF-000-08	Eng./Sp.	Healthy and Tasty Cooking Demonstrations for the Family (7/96)	Discussion, no video
CF-000-09	Eng./Sp.	How to Get Your Child to Eat, But Not Too Much (7/96)	Discussion, no video
CF-000-10	Eng./Sp.	Don't Use Food as a Reward or Punishment (7/96)	Discussion, no video
CF-000-11	Eng./Sp.	Grocery Store Tour: Shopping for Healthy Snacks for Kids (7/96)	Discussion, no video
CF-000-12	Eng./Sp.	Smart Snacking for Children: Food Demonstration (7/96)	Discussion, no video
CF-000-13	Eng./Sp.	Feeding the Picky Eater (10/96)	Discussion, no video
CF-000-14	Eng./Sp.	Food for Thought (4/97)	<i>Food For Thought</i> (Altschul video, fax your request to (512) 458-7609)
CF-000-15	Eng./Sp.	Child Obesity: Lily Faces a Problem (8/97)	<i>Child Obesity: Lily Faces a Problem</i> (Altschul video, fax your request to (512) 458-7609)
CF-000-16	Eng./Sp.	Up To Five (8/98)	Discussion, no video

### Classes For Children (CH)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
CH-000-05	Eng./Sp.	Chuckles and the Super Snacks (2/92)	<i>Chuckles and the Super Snacks</i> (TDH video, to order fax (512) 406-0722)
CH-000-06	Eng./Sp.	Chuckles and the Happy Teeth (7/92)	<i>Chuckles and the Happy Teeth</i> (TDH video, to order fax (512) 406-0722)
CH-000-07	Eng./Sp.	Mommy's Milk for Mommy's Baby (9/94)	<i>Mommy's milk for Mommy's Baby</i> (TDH video, to order fax (512) 406-0722)
CH-000-08	Eng./Sp.	Let's Read! <u>Lunch</u> (3/97)	<u>Lunch</u> , by Denise Fleming (LA purchase)
CH-000-09	Eng./Sp.	Let's Read! <u>Bread, Bread, Bread</u> (3/97)	<u>Bread, Bread, Bread</u> , by Ann Morris (LA purchase)
CH-000-10	Eng./Sp.	Let's Read! <u>Eating the Alphabet: Fruits and Vegetables from A to Z</u> (3/97)	<u>Eating the Alphabet: Fruits and Vegetables from A to Z</u> by Lois Ehlert (LA purchase)
CH-000-11	Eng./Sp.	Let's Read! <u>Tops and Bottoms</u> (3/99)	<u>Tops and Bottoms</u> , by Janet Stevens (LA purchase)
CH-000-12	Eng./Sp.	Let's Read! <u>Oliver's Vegetables</u> (3/99)	<u>Oliver's Vegetables</u> , by Vivian French (LA purchase)
CH-000-13	Eng./Sp.	Let's Read! <u>DW the Pickey Eater</u> (4/2000)	<u>DW the Pickey Eater</u> by Marc Brown (LA purchase)

#### Dental Health (DH)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
DH-000-03	Eng./Sp.	Take Time for Teeth (11/97)	<i>Take Time for Teeth</i> (TDH video, to order fax (512) 406-0722)
DH-000-04	Eng./Sp.	Healthy Teeth: A Guide for Parents of Pre-schoolers, Part A (3/99)	<i>Healthy Teeth: A Guide for Parents of Pre-schoolers</i> (TDH video, to order fax (512) 406-0722)
DH-000-05	Eng./Sp.	Healthy Teeth: A Guide for Parents of Pre-schoolers, Part B (3/99)	<i>Healthy Teeth: A Guide for Parents of Pre-schoolers</i> (TDH video, to order fax (512) 406-0722)

### Food Economics (FE)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
FE-000-03	Eng./Sp.	Dried Beans (1/89)	none (uses dried beans for visuals)
FE-000-05	Eng./Sp.	Sally Gets Her Money's Worth: Economical Food Choices (1/98)	<i>Sally Gets Her Money's Worth: Economical Food Choices</i> ( TDH video, fax order to (512) 406-0722)

### Food Groups (FG)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
FG-000-04	Eng./Sp.	5 A Day Bingo Game (1/97)	Game, no video

### Food Safety (FS)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
FS-000-01	Eng./Sp.	Food Danger Zones	<i>Food Danger Zones</i> (TDH slides or video, fax order to (512) 406-0722)
FS-000-02	Eng./Sp.	Kitchen Food Safety (1/99)	Discussion, no video

### General Nutrition (GN)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
GN-000-02	Eng./Sp.	Rise and Shine Breakfasts (12/94)	<i>Breakfast: Lily Changes A Habit</i> (Altschul video, fax order to (512) 458-7609)
GN-000-06	Eng./Sp.	Grasa, No Gracias (4/97)	<i>Grasa, no Gracias</i> (TDH video, fax order to (512) 406-0722)
GN-000-07	English	Small Changes, Big Differences, (4/97)	<i>Small Changes, Big Differences</i> (TDH video, fax order to (512) 406-0722)
GN-000-08	Eng/Sp.	Fruits and Vegetables: Lily Bets on Five a Day (2/98)	<i>Fruits and Vegetables, Lily Bets on Five a Day</i> (Altschul video, fax order to (512) 458-7609)
GN-000-09	Eng/Sp.	Milk Comparison (2/98)	Discussion and activity lessons (no video)
GN-000-10	Eng/Sp.	Food Demonstration: Orange Froth and Frozen Chocolate Banana (11/98)	Discussion and food demonstration activity
GN-000-11	Eng./Sp.	Quick and Easy Vitamin A Food Demonstration: Vitamin A Salad (11/98)	Discussion and food demonstration activity
GN-000-12	Eng./Sp.	A Food Guide Pyramid with Mexican Flavor (2/99) <b>Note:</b> The video and lesson are primarily intended for Latinos or Mexican descent who are in the process of adopting new dietary practices. The video would <u>not</u> be appropriate for non-Latino participants or Latinos who are completely assimilated to American culture and food habits. The video would <u>not</u> be appropriate for WIC classes containing Latinos and non-Latinos. (See Memo #98-005.)	<i>A Food Guide Pyramid with Mexican Flavor</i> (DANR Communication Services video)  *One goal of the video and lesson is to encourage participants to keep using the most healthful practices from their traditional diet.
GN-000-13	Eng./Sp.	Lily Does Lunch: Nutrition at Noon	<i>Lily Does Lunch: Nutrition at Noon</i> , (Altschul video, fax order to (512) 458-7609)

### General WIC (GW)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
GW-000-52	Eng./Sp.	Shopping for WIC Approved Foods, (1/2000)	Shopping for WIC Approved Foods, (TDH video, to order fax (512) 406-0722)

### Infant Feeding (IF)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
IF-000-01	Eng./Sp.	A Healthy Beginning with WIC Foods (2/89)	<i>A Healthy Beginning With WIC Foods</i> (TDH slides or video, to order fax (512) 406-0722)
IF-000-07	Eng./Sp.	Inappropriate Infant Feeding Practices (10/94)	<i>First Foods: Lily Feeds Her Baby</i> (Altschul video, to order fax to (512) 458-7609,) or <i>Foods For Your Baby's First Year</i> (slide show only, fax order to (512) 406-0722)
IF-000-08	Eng./Sp.	ABC's for Moms	<i>ABC's For Moms</i> (TDH video, to order fax (512) 406-0722)
IF-000-09	Eng./Sp.	Infant Feeding Bingo (9/99)	No video
IF-000-10	Eng./Sp.	Look Who's Eating (9/99)	<i>Look Who's Eating</i> (TDH video, to order fax (512) 406-0722)
IF-000-11	Eng./Sp.	Lily Feeds Her Baby (1991)	<i>First Foods: Lily Feeds Her Baby</i> (Altschul video, to order fax (512) 458-7609)
IF-000-12	Eng./Sp.	Lily Feeds Her Toddler (6/92)	<i>Feeding A Toddler: Lily Gets Her Money's Worth</i> (Altschul video, to order fax (512) 458-7609)
IF-000-13	Eng./Sp.	Formula Preparation (2/98)	Discussion and activity lesson (no video)
IF-000-14	Eng./Sp.	Weaning from the Bottle (3/000)	Discussion and activity lesson (no video)



### Maternal Nurition (MN)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
MN-000-02	Eng./Sp.	Starting Out Right (6/92)	<i>Starting Out Right</i> (TDH slides or video, to order fax (512) 406-0722)
MN-000-03	Eng./Sp.	Expecting the Best (8/91)	<i>Expecting the Best</i> (TDH video, to order fax (512) 406-0722)
MN-000-04	English	Teen Pregnancy - Eating Right (10/95 revised)	<i>Your Pregnancy Your Plan</i> (TDH video, to order fax (512) 406-0722)
MN-000-05	English	Teen Pregnancy - Weight Gain (10/95)	<i>Healthy Foods, Healthy Baby</i> (USDA video)
MN-000-06	English	Teen Pregnancy - Discomforts of Pregnancy (10/95)	<i>Healthy Foods, Healthy Baby</i> (USDA video)
MN-000-07	Eng./Sp.	A Healthy Pregnancy (4/97)	<i>A Healthy Pregnancy</i> (Altschul video, to order fax (512) 458-7609)
MN-000-08	Eng./Sp.	Pregnant and Growing (2/99) - Teen Pregnancy	<i>Pregnant and Growing</i> (Altschul video, to order fax (512) 458-7609)

### Nutrition Risk (NR)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
NR-000-02	Eng./Sp.	Managing Diarrhea (8/91)	<i>Managing Diarrhea</i> (TDH video, to order fax (512) 406-0722)
NR-000-03	Eng./Sp.	A Love Story for My Unborn Child (9/86)	<i>A Love Story for My Unborn Child</i> (TDH slides or video, to order fax (512) 406-0722)
NR-000-04	Eng./Sp.	WIC Talk: Anemia (10/94)	<i>WIC Talk: Anemia</i> (TDH video, to order fax (512) 406-0722)
NR-000-05	Eng./Sp.	Anemia the Silent Shadow (9/97)	<i>Anemia the Silent Shadow</i> (Altschul video, to order fax (512) 458-7609)
NR-000-06	Eng./Sp.	Stop A.S.A.P (7/98)	<i>Stop A.S.A.P.: Avoiding Substance Abuse During Pregnancy</i> (Altschul video, to order fax (512) 458-7609)
NR-000-07	English	Perils of Secondhand Smoking (10/99)	<i>Perils of Secondhand Smoke</i> (Altschul video, to order fax (512) 458-7609)
NR-000-08	Spanish	¿Mi bebe fumando? (10/99)	<i>¿Mi bebe fumando?</i> (California Department of Health Services video, to order fax (512) 458-7609)
NR-000-11	Eng./Sp.	Still Smoking: Lily Helps (5/2000)	<i>Still Smoking: Lily Helps</i> (Altschul video, to order fax (512) 458-7609)

### Nutrients (NT)

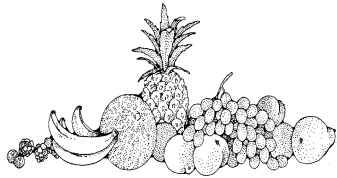
Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
NT-000-04	Eng./Sp.	Weight: Maintaining a Healthy Balance (6/96)	<i>Weight Maintaining a Healthy Balance</i> (Altschul video, to order fax (512) 458-7609)

### Postpartum Nutrition (PN)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
PN-000-01	Eng./Sp.	Postpartum Insight (7/94)	<i>Postpartum Insight (Now That I can See My Feet Again)</i> (TDH slides or video, to order fax (512) 406-0722)
PN-000-02	Eng./Sp.	Feeling Fat	<i>Feeling Fat</i> (TDH slides or video, to order fax (512) 406-0722)
PN-000-03	Eng./Sp.	Take Care of Your Baby's Best Friend: Post Partum Women (5/2000)	Discussion & Activity (no video)

### Self-Paced Lessons (SP)

Class Code	Language	Class Title & Date of Last Revision	Description of Audiovisuals
SP-000-01	Eng./Sp.	Storing Leftovers Safely	See guidelines for using and writing self-paced lessons.  Each lesson includes an interactive evaluation component.  No video
SP-000-02	Eng./Sp.	Healthy Choices to Go	
SP-000-03	Eng./Sp.	Planning Your Meals	
SP-000-04	Eng./Sp.	Smart Shopping Saves Money Using Unit Price Labels	
SP-000-05	Eng./Sp.	Food Guide Pyramid	
SP-000-06	English	Helping Hand for Breastfeeding Moms (8/99)	
SP-000-07	Eng./Sp.	How To Breastfeed Your Newborn (2/2000)	No video
SP-000-08	Eng./Sp.	Breastfeed Twins, Triplets or More (2/2000)	No video



**Texas Department of Health  
Bureau of Nutrition Services  
Nutrition Education and Breastfeeding Publications  
March 1, 2000**

<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>
1-6	Eating For You and A Healthy Baby Too	MCH	9/93	TDH WHSE	AG-30
1-6A	Eating For You and A Healthy Baby Too (Spanish)	MCH	9/93	TDH WHSE	AG-30
1-38	Vitamin C Foods (Bilingual)	MCH	3/92	TDH WHSE	AG-30
1-39	Healthy Foods for Happy Kids 1-2 Years	MCH	1/94	TDH WHSE	AG-30
1-39A	Healthy Foods for Happy Kids 1-2 Years (Spanish)	MCH	1/94	TDH WHSE	AG-30
1-40	Good Foods for a Healthy Start 6-8 Years	MCH	7/94	TDH WHSE	AG-30
1-40A	Good Foods for a Healthy Start 6-8 Years (Spanish)	MCH	7/94	TDH WHSE	AG-30
1-42	Eat Right to Look and Feel Your Best (Pre-Teenager 9-12 Years)	MCH	4/96	TDH WHSE	AG-30
1-42A	Eat Right to Look and Feel Your Best (Pre-Teenager 9-12 Years) (Spanish)	MCH	4/96	TDH WHSE	AG-30
1-44	Foods for Fitness A Guide to good eating for the teenage boy 13-17 years	MCH	4/94	TDH WHSE	AG-30
1-44A	Foods for Fitness A Guide to good eating for the teenage boy 13-17 years (Spanish)	MCH	4/94	TDH WHSE	AG-30
1-47	Healthy Foods for Happy Kids 3-5 Years	MCH	3/94	TDH WHSE	AG-30
1-47A	Healthy Foods for Happy Kids 3-5 Years (Spanish)	MCH	3/94	TDH WHSE	AG-30
1-76	Eat Right to Stay Fit: A Nutrition Guide for Women Over 40	MCH	7/95	TDH WHSE	AG-30
1-76A	Eat Right to Stay Fit: A Nutrition Guide for Women Over 40 (Spanish)	MCH	7/95	TDH WHSE	AG-30
<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>

1-78	The Healthy Weigh of Life	Chronic	1/95	TDH WHSE	AG-30
1-78A	The Healthy Weigh of Life (Spanish	Chronic	1/95	TDH WHSE	AG-30
1-89	Foods With Iron (Bilingual)	MCH	9/98	TDH WHSE	AG-30
1-202	Folic Acid is Important for All Women (Bilingual)	MCH	3/93	TDH WHSE	AG-30
1-204	Women Get Folic Acid From Your Food	MCH	3/93	TDH WHSE	AG-30
1-204A	Women Get Folic Acid From Your Food (Spanish)	MCH	9/93	TDH WHSE	AG-30
1-205	Foods with Folic Acid for Women	MCH	3/93	TDH WHSE	AG-30
1-205A	Foods with Folic Acid for Women (Spanish)	MCH	3/93	TDH WHSE	AG-30
1-213	Foods for Fitness A Guide to good eating for the teenage girl 13-17 years	MCH	4/94	TDH WHSE	AG-30
1-213A	Foods for Fitness A Guide to good eating for the teenage girl 13-17 years (Spanish)	MCH	9/95	TDH WHSE	AG-30
1-301	Get the Lead Out: Intervention	MCH	7/95	TDH WHSE	AG-30
1-301A	Get the Lead Out: Intervention (Spanish)	MCH	11/96	TDH WHSE	AG-30
1-302	Get the Lead Out: Prevention	MCH	7/95	TDH WHSE	AG-30
1-302A	Get the Lead Out: Prevention (Spanish)	MCH	11/96	TDH WHSE	AG-30
1-303	Get the Lead Out: Renovation	MCH	7/95	TDH WHSE	AG-30
4-83	Staying Trim without Tobacco	Chronic	5/91	TDH WHSE	AG-30
10-12	Best Little Weight Loss Book in Texas	Chronic	3/89	TDH WHSE	AG-30
10-12A	Best Little Weight Loss Book in Texas (Spanish)	Chronic	3/89	TDH WHSE	AG-30
10-21	Living Well with Diabetes: You Have the Power	Chronic		TDH WHSE	AG-30
10-21A	Living Well with Diabetes: You Have the Power (Spanish)	Chronic		TDH WHSE	AG-30
Catalog Number	Title	Division	Date of Revision	Order From	Use Form:

10-24	Living Well With Diabetes - Food For Life	Chronic	9/96	TDH WHSE	AG-30
10-24A	Living Well With Diabetes - Food For Life (Spanish)	Chronic	9/96	TDH WHSE	AG-30
10-15J	Rate Your Plate	Chronic	6/95	TDH WHSE	AG-30
10-15U	Rate Your Plate (Spanish)	Chronic	6/95	TDH WHSE	AG-30
10-110	Say No to Salt and Sodium	Chronic	2/92	TDH WHSE	AG-30
10-110A	Say No to Salt and Sodium (Spanish)	Chronic	2/92	TDH WHSE	AG-30
13-1	Texas Breastfeeding Initiative (TBI) Laura Bush Bookmark**	WIC	6/99	WIC	WIC
13-3	Welcome To WIC	WIC	5/95	TDH WHSE	AG-30
13-4	Welcome To WIC (Spanish)	WIC	5/95	TDH WHSE	AG-30
13-8	Calcium	WIC	9/97	TDH WHSE	AG-30
13-8A	Calcium (Spanish)	WIC	9/97	TDH WHSE	AG-30
13-9	Vitamin A (Bilingual)	WIC	12/95	TDH WHSE	AG-30
13-13	Shop and Save (Bilingual)	WIC	10/92	TDH WHSE	AG-30
13-14	Thinking About the Baby Think About Breastfeeding (Bilingual)	WIC	2/2000	TDH WHSE	AG-30
13-15	Tips for Pregnant Teens	WIC	7/96	TDH WHSE	AG-30
13-15A	Tips for Pregnant Teens (Spanish)	WIC	6/97	TDH WHSE	AG-30
13-17	Breastfeeding "A Gift of Love (Bilingual)	WIC	2/2000	TDH WHSE	AG-30
13-18	Help! My Child is a Picky Eater!	WIC	11/97	TDH WHSE	AG-30
13-18A	Help! My Child is a Picky Eater! (Spanish)	WIC	11/97	TDH WHSE	AG-30
13-19	Lowfat Milk: Answers to Your Questions	WIC	3/96	TDH WHSE	AG-30
<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>
13-19A	Lowfat Milk: Answers to Your Questions (Spanish)	WIC	3/96	TDH WHSE	AG-30

13-20	Food Safety at Home	WIC	5/99	TDH WHSE	AG-30
13-20A	Food Safety at Home (Spanish)	WIC	5/99	TDH WHSE	AG-30
13-22	Breastfeeding: Getting Started	WIC	2/95	TDH WHSE	AG-30
13-22A	Breastfeeding: Getting Started (Spanish)	WIC	10/95	TDH WHSE	AG-30
13-24	Breastfeeding: Storing Your Milk	WIC	6/91	TDH WHSE	AG-30
13-24A	Breastfeeding: Storing Your Milk (Spanish)	WIC	6/91	TDH WHSE	AG-30
13-25	Breastfeeding Crib Cards (Bilingual)	WIC	9/94	TDH WHSE	AG-30
13-26	Baby's Back To Sleep (SIDS) - door hanger (Spanish) **	WIC	8/97	TDH WHSE	AG-30
13-28	Tips for Caring for Your Breastfed Baby in Day Care (Bilingual)	WIC	3/2000	WIC	WIC
13-32	Get The Lead Out with Good Nutrition (Bilingual)	WIC	7/96	TDH WHSE	AG-30
13-46	Mother's Milk for Premature Babies Brochure	WIC	6/99	WIC	WIC
13-46A	Mother's Milk for Premature Babies Brochure (Spanish)	WIC	6/99	WIC	WIC
13-51	My Baby Book	WIC	5/96	TDH WHSE	AG-30
13-51A	My Baby Book (Spanish)	WIC	1/97	TDH WHSE	AG-30
13-53	Especially for Dads	WIC	6/97	TDH WHSE	AG-30
13-53A	Especially for Dads (Spanish)	WIC	6/97	TDH WHSE	AG-30
13-58	Should You As an Employer Be Concerned .. Working Mother Who Breastfeed?	WIC	1/96	TDH WHSE	AG-30
13-58P	Breastfeeding Works for Working Women (Mini Poster for Employers)	WIC	1/96	TDH WHSE	AG-30
13-61	Food for Your Baby's First Year	WIC	12/93	TDH WHSE	AG-30
<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>
13-61A	Food for Your Baby's First Year (Spanish)	WIC	12/93	TDH WHSE	AG-30

13-66	Food For You: Now that Your Baby is Here	WIC	3/94	TDH WHSE	AG-30
13-66A	Food For You: Now that Your Baby is Here (Spanish)	WIC	3/94	TDH WHSE	AG-30
13-67	Are You Anemic?	WIC	8/95	TDH WHSE	AG-30
13-67A	Are You Anemic? (Spanish)	WIC	8/95	TDH WHSE	AG-30
13-68	10 Ways to Get Your Kids to Eat More Fruits and Vegetables (Bilingual)	WIC	2/2000	TDH WHSE	AG-30
13-69	Pumping in Progress–Do Not Disturb! Door hanger	WIC	7/96	WIC	WIC
13-69A	Pumping in Progress–Do Not Disturb! Door hanger (Spanish)	WIC	7/96	WIC	WIC
13-75	Watching Your Child’s Weight	WIC	8/93	TDH WHSE	AG-30
13-75A	Watching Your Child’s Weight (Spanish)	WIC	8/93	TDH WHSE	AG-30
13-76	Cereal (Bilingual)	WIC	3/93	TDH WHSE	AG-30
13-77	To The Pregnant Woman..Gaining To Much Weight (Bilingual)	WIC	1/93	TDH WHSE	AG-30
13-78	To The Pregnant Woman..Not Gaining To Much Weight (Bilingual)	WIC	1/93	TDH WHSE	AG-30
13-89	Healthy Teeth for a Healthy Smile	WIC	7/98	TDH WHSE	AG-30
13-89A	Healthy Teeth for a Healthy Smile (Spanish)	WIC	7/98	TDH WHSE	AG-30
13-98	Shopping List (Bilingual)	WIC	12/97	TDH WHSE	AG-30
13-100	Childhood Constipation	WIC		TDH WHSE	AG-30
13-100A	Childhood Constipation (Spanish)	WIC		TDH WHSE	AG-30
13-101	Family Planning Breastfeeding: A Powerful Way to Protect Your Family	WIC	4/96	TDH WHSE	AG-30
13-101A	Family Planning Breastfeeding: A Powerful Way to Protect Your Family (Spanish)	WIC	4/96	TDH WHSE	AG-30
<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>
13-102	Let’s Talk About Teens and Breastfeeding	WIC	7/97	TDH WHSE	AG-30



13-102A	Let's Talk About Teens and Breastfeeding (Spanish)	WIC	7/97	TDH WHSE	AG-30
13-103	Tips for Nursing Moms: First Few Days	WIC	7/97	WIC	WIC
13-103A	Tips for Nursing Moms: First Few Days (Spanish)	WIC	7/97	WIC	WIC
13-104	Tips for Working and Breastfeeding	WIC	7/97	WIC	WIC
13-104A	Tips for Working and Breastfeeding (Spanish)	WIC	7/97	WIC	WIC
13-105	Tips for Mom's Diet and Well Being	WIC	7/97	WIC	WIC
13-105A	Tips for Mon's Diet and Well Being (Spanish)	WIC	7/97	WIC	WIC
13-106	Tips for Engorgement and Sore Nipples	WIC	7/97	WIC	WIC
13-106A	Tips for Engorgement and Sore Nipples (Spanish)	WIC	7/97	WIC	WIC
13-107	Tips for Plugged Ducts and Mastitis	WIC	7/97	WIC	WIC
13-107A	Tips for Plugged Ducts and Mastitis (Spanish)	WIC	7/97	WIC	WIC
13-108	Tips for Hypoglycemia Cesarean Section, Jaundice	WIC	7/97	WIC	WIC
13-108A	Tips for Hypoglycemia Cesarean Section, Jaundice (Spanish)	WIC	7/97	WIC	WIC
13-109	Tips for Concerns About Nursing Beyond the First Few Weeks	WIC	7/97	WIC	WIC
13-109A	Tips for Concerns About Nursing Beyond the First Few Weeks (Spanish)	WIC	7/97	WIC	WIC
13-110	Tips for Taking Medications	WIC	7/97	WIC	WIC
13-110A	Tips for Taking Medications (Spanish)	WIC	7/97	WIC	WIC
13-111	Tips for Common Breastfeeding Myths	WIC	7/97	WIC	WIC
13-111A	Tips for Common Breastfeeding Myths (Spanish)	WIC	7/97	WIC	WIC
<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>
13-112	Tips for When to Call the Doctor	WIC	7/97	WIC	WIC
13-112A	Tips for When to Call the Doctor (Spanish)	WIC	7/97	WIC	WIC

13-113	Tips for Nursing the Older Baby	WIC	7/97	WIC	WIC
13-113A	Tips for Nursing the Older Baby (Spanish)	WIC	7/97	WIC	WIC
13-114	Tips for Breastfeeding More Than One	WIC	7/97	WIC	WIC
13-114A	Tips for Breastfeeding More Than One (Spanish)	WIC	7/97	WIC	WIC
13-120	Common Infant Problems: What About Colic (birth thru 1 year)	WIC	2/98	TDH WHSE	AG-30
13-120A	Common Infant Problems: What About Colic (Spanish)	WIC	2/98	TDH WHSE	AG-30
13-121	Common Infant Problems: What About Constipation (birth thru 1 year)	WIC	2/98	TDH WHSE	AG-30
13-121A	Common Infant Problems: What About Constipation (Spanish)	WIC	2/98	TDH WHSE	AG-30
13-122	Common Infant Problems: What About Crying (birth thru 1 year)	WIC	2/98	TDH WHSE	AG-30
13-122A	Common Infant Problems: What About Crying (Spanish)	WIC	2/98	TDH WHSE	AG-30
13-123	Common Infant Problems: What About Diarrhea (birth thru 1 year)	WIC	10/98	TDH WHSE	AG-30
13-123A	Common Infant Problems: What About Diarrhea (Spanish)	WIC	10/98	TDH WHSE	AG-30
13-125	Common Childhood Problems (1-9 years)	WIC	10/98	TDH WHSE	AG-30
13-125A	Common Childhood Problems (1-9 years) (Spanish)	WIC	10/98	TDH WHSE	AG-30
13-129	It's Easy to Eat Healthy: Just Add More Fruits and Vegetables (Bilingual)	WIC	8/98	TDH WHSE	AG-30
13-130	Eat 5 Fruits and Vegetables Every Day	WIC	8/98	TDH WHSE	AG-30
13-130A	Eat 5 Fruits and Vegetables Every Day (Spanish)	WIC	8/98	TDH WHSE	AG-30
13-132	Breastfeeding Telephone Resource Card	WIC	6/98	WIC	WIC
<b>Catalog Number</b>	<b>Title</b>	<b>Division</b>	<b>Date of Revision</b>	<b>Order From</b>	<b>Use Form:</b>
13-133	Dad's Role in Supporting Breastfeeding	WIC	4/98	WIC	WIC
13-159	Texas Position Statement on Infant Feeding	WIC	1/98	TDH WHSE	AG-30
13-162	Breastfeeding Fact Sheet (Bilingual)	WIC	10/99	WIC	WIC

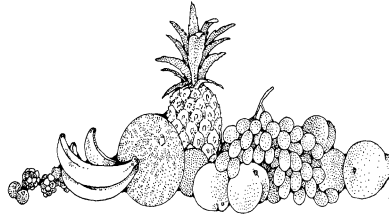
13-167	Lactation Support Resource Directory	WIC	8/98	TDH WHSE	AG-30
13-168	Let's Eat	WIC	8/99	TDH WHSE	AG-30
13-168A	Let's Eat (Spanish)	WIC	8/99	TDH WHSE	AG-30
13-169	Eat Well, Be Well: A Nutrition Guide for All Women under 40	WIC	2/94	TDH WHSE	AG-30
13-169A	Eat Well, Be Well: A Nutrition Guide for All Women under 40 (Spanish)	WIC	2/94	TDH WHSE	AG-30
13-170	Weaning From The Bottle	WIC	3/00	TDH WHSE	AG-30
13-170A	Weaning From The Bottle (Spanish)	WIC	3/00	TDH WHSE	AG-30
13-172	Help for Common Problems During Pregnancy (Bilingual)	WIC		TDH WHSE	AG-30
13-173	Folic Acid (Bilingual)	WIC	3/99	TDH WHSE	AG-30
13-182	Food Guide Pyramid	WIC	4/98	TDH WHSE	AG-30
13-182A	Food Guide Pyramid (Spanish)	WIC	4/98	TDH WHSE	AG-30

Catalog #	Posters	Division	Order from:	Use Form:
13-16	Mother's Milk: Baby's First Immunization	WIC	WIC	WIC
13-52	Baby's Back To Sleep	WIC	WIC	WIC
13-52A	Baby's Back To Sleep (Spanish)	WIC	WIC	WIC
13-54	Mother's Milk: Our Most Precious Resource ***	WIC	WIC	WIC

13-57	I Love You Dad	WIC	WIC	WIC
13-57A	I Love You Dad (Spanish)	WIC	WIC	WIC
13-97	Another Satisfied Customer ***	WIC	WIC	WIC
13-97A	Another Satisfied Customer (Spanish) ***	WIC	WIC	WIC
13-136	WBW 98: Invest in Your Baby's Health - Breastfeed ***	WIC	WIC	WIC
13-136A	WBW 98: Invest in Your Baby's Health - Breastfeed (Spanish) ***	WIC	WIC	WIC
	WBW 99: Breastfeeding and Reading equals "A Smart Start" ***	WIC	WIC	WIC
13-161	Breastfeeding: Nature's Health Plan "Getting Enough Milk" (Bilingual)	WIC	WIC	WIC
13-165	Breastfeeding: Nature's Health Plan "Getting off .. Good Start" (Bilingual)	WIC	WIC	WIC
13-166	Breastfeeding: Nature's Health Plan "When to Wean" (Bilingual)	WIC	WIC	WIC
13-171	Rise & Shine: With a Healthy Breakfast of WIC Approved Foods	WIC	WIC	WIC
13-171A	Rise & Shine: With a Healthy Breakfast of WIC Approved Foods (Span.)	WIC	WIC	WIC
13-176	Breastfeeding: Nature's Health Plan "Look I'm Hungry Now" (Bilingual)	WIC	WIC	WIC
13-177	Breastfeeding: Nature's Health Plan "Breastfeeding and Working, Works for Me" (Bilingual)	WIC	WIC	WIC
	Breastfeeding: A Smart Start for You and Your Baby Teens at Graduation (Spanish) ***	WIC	WIC	WIC
	Start a Family Tradition: 4 Generations of Breastfeeding (Bilingual)	WIC	WIC	WIC
<b>Catalog #</b>	<b>Miscellaneous</b>	<b>Division</b>	<b>Order from:</b>	<b>Use Form:</b>
WIC-50	Single-user Electric Breast Pump Release Form	WIC	WIC	WIC
WIC-50A	Single-user Electric Breast Pump Release Form (Spanish)	WIC	WIC	WIC
WIC-51	Multi-user Electric Breast Pump Release Form	WIC	WIC	WIC
WIC-51A	Multi-user Electric Breast Pump Release Form (Spanish)	WIC	WIC	WIC

	Media Watch Postcard	WIC	WIC	WIC
	Very Important WIC Parent Certificate	WIC	WIC	WIC
	Very Important WIC Parent Certificate (Spanish)	WIC	WIC	WIC
<b>Catalog Number</b>	<b>Stickers</b>	<b>Division</b>	<b>Order From</b>	<b>Use Form:</b>
	Breastfeeding Hotline Stickers	WIC	WIC	WIC
	WBW 98: Invest in Your Baby's Health - Breastfeed	WIC	WIC	WIC

Note: Item(s) with \*\*\* will not be reprinted and will be deleted from publication.



\*\*\*\*\***Ordering Information**\*\*\*\*\*

**Texas Department of Health  
Bureau of Nutrition Services  
Nutrition Education, Breastfeeding and Public Health Nutrition Publications**

1. **TDH Warehouse** — must use the **AG-30 Form** (attached)

**Mail to: Texas Department of Health  
1100 West 49<sup>th</sup> Street  
Austin, Texas 78756-3199**

**OR**

**Fax to: (512) 458-7413**

2. **All WIC Warehouse orders must use the Order Form for Texas WIC Materials** (attached)

**Mail to: Texas Department of Health  
Bureau of Nutrition Services, Forms Coordinator  
1100 West 49<sup>th</sup> Street  
Austin, Texas 78756-3199**

**OR**

**Fax to: (512) 458-7446**

## **Public Health Nutrition Diabetes Handouts**

- 3. The following do not have stock numbers. These items must be ordered from the Public Health Nutrition Program using the Texas WIC Materials Order Form (attached) and can only be ordered by Professionals (Teachers, M.D.'s, D.D.S.'s, R.N.'s, R.D.'s, etc.)**

<b>Title</b>
<b>Alcohol (English)</b>
<b>Choose Foods Low in Fat (English and Spanish)</b>
<b>Eating Out (English)</b>
<b>Exercise (English)</b>
<b>Fiber (English)</b>
<b>Low Blood Sugar (English and Spanish)</b>
<b>Low fat Cooking Tips (English and Spanish)</b>
<b>Sugar/Sugar-Free Sweeteners (English)</b>
<b>Weight Control in Diabetes (English and Spanish)</b>
<b>What Changes Blood Sugar (English and Spanish)</b>

**Mail to: Texas Department of Health**  
Bureau of Nutrition Services, Public Health Nutrition, Forms Coordinator  
1100 West 49<sup>th</sup> Street  
Austin, Texas 78756-3199

**OR**

**Fax: (512) 458-7446**

# Texas WIC Materials Order Form

Contact Person: \_\_\_\_\_

Local Agency: \_\_\_\_\_ LA# \_\_\_\_\_

Mail To: \_\_\_\_\_

\_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Fax No: \_\_\_\_\_

Mail or fax your WIC order form to:

Texas Department of Health  
 Att: Forms Coordinator  
 Bureau of Nutrition Services • WIC Program  
 1100 W. 49<sup>th</sup> Street, Room M-260  
 Austin, Texas 78756.3199

Fax: (512) 458-7446

- Photocopy and complete this form to order materials.
- Keep a copy of the completed form for your records.
- Order a supply large enough to last for 3-6 months.

	Item Title/Description (Please Print)	Stock #	Page #	English/Spanish	Quantity
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
21					
22					
23					
24					
25					

If you need to order more items, attach an additional order form to this one.